

# 70 **Great STRESS BUSTERS**

Make Lists • **Take A Deep Breath** • Exercise • Sing a Song • Eat Right • Call a Friend • Laugh at Yourself • Ask Others to Help • Smile • Set Realistic Goals • Take Breaks • Prioritize Tasks • Delegate Work • Avoid Clutter • Use Proper Lighting • Have a Hobby • Keep Noise Down • Talk Things Out • Visualize a Peaceful Scene • Learn to Relax • Budget Time and Money • **Take A Deep Breath** • Plant a Garden • Massage Tense Muscles • Reward Yourself • Go Out to Lunch • Meditate • Set Limits • Think Positively • Count to 10 • Enjoy Small Pleasures • Avoid Junk Food • Practice Teamwork • Believe in Others • Believe in Yourself • Confront Your Feelings • Be Kind • Cry if Necessary • **Take A Deep Breath** • Remember: Time Heals • Get Regular Checkups • Take a Walk • Get Organized • Do Neck Rolls • Avoid Dangerous Drugs • Be Flexible • Stretch Often • Control Your Weight • Avoid Distractions • Set Reasonable Deadlines • Don't Sweat the Small Stuff • Learn to Say "No" • Forgive and Forget • Use the Right Tools • Don't Procrastinate • Reflect on Your Joys • Encourage Others • Get Up Earlier • Break Up Monotony • **Take A Deep Breath** • See Problems as Challenges • Stop and Smell the Roses • Love Others • Love Yourself • Avoid Unnecessary Meetings • Screen Your Calls • Never Drink and Drive • Give Hugs • Seek Out Positive People • Be Faithful • Read Good Books • Remember Your Triumphs • Laugh Often

**Take A Deep Breath**